

ELLEN'S DIARY

by an Island Farmer's Wife

There was the delightful rose of sunrise through the dark lace of the lawn-treetops this morning, and a mile haze over the far farmlands we looked out upon, when later with the Nell-mare we drove Granddaughter to her classes in the old school which sits musing over many a dream, we fancy, beside the River Road.

Come to level places above the dip of valley which holds the mill, and past the House on the Hill, one may see wide vistas of countryside where the farm-buildings snug-set in the midst of their trees and groves enjoy the season of winter. The Trans-Canada Highway runs by there, not the narrow, often hush-edged road of once, where folks in horse-drawn vehicles passed with a friendly nod of greeting to their fellow-travellers, but where machines, smart and more cumbersome, from near and far, even from places that to us seemed to be the very ends of the earth, take their nonchalant way.

"We never hear a 'Good-night, Friend' when we meet strangers on the roads nowadays as we used to in 'the horse and buggy days'—an old-timer of a farmer remarked the other night when we talked of some of the changes the passing years had given. "Not that humanity is any different or less interested in their fellow-man than they were then; it's just the times that have changed. Because if a motorist gets into difficulty—if he happens to run out of gas or has to stop to change a tire, in no time someone of those travelling will come to his assistance... or that's the way I find it. Folks still have hearts, Ellen—some of them much warmer than you might think."

Blackie accompanies us the mile to the corner-store these morn-

KEEP IN TRIM

What Size Will You Be Easter?

By Ida Jean Kain

The very thought of slimming down 20 pounds helps any overweight feel considerably lighter. One overweight on the verge of dieting was telling her husband about her good intentions. When he asked what she weighed, she replied, "Around 200." Gallantly, he offered to buy her a \$25 new bonnet if she had slimmed down to 100 pounds by Easter. Her smile quickly faded — for the blushing truth was she actually weighed 200 pounds.

Now about those 20 excess pounds, you are slimming off by April 10th, at the satisfying rate of 2 pounds per week. When you are that many pounds slimmer, how many bulging inches will be gone with the fat, and what size outfit can you plan on wearing?

This depends on your stature. As you probably know, the average number of pounds between sizes range from 10 to 20. In small sizes there is a 10 pound difference; in the medium range, there are 12 to 14 pounds; but in larger sizes, there are 16 and even 20 pounds from one size to the next. There it is, so even though you are in the large size range and crowding the seams, you can wear a full size smaller by slimming down 20 excess pounds.

The number of inches between sizes is also standardized. In women's sizes, the differences in two to two and a half inches through the control measurements — bust, waist, abdomen and hips. There is a two inch increase through the bust and hips with each increase in the size; and a two to two and a half inch increase

ANNE ADAMS PATTERNS



HALF-SIZE FASHION

Here's young, smart styling for the short, more amply built figure! The sweetheart neck, well-defined bust, six-point skirt are so new, flattering. Proportioned to fit — no time-taking alteration problems! Choose a crisp perennium stripe or cotton print.

Pattern 4762: Half Sizes 14½, 16½, 18½, 20½, 22½, 24½. Size 16½ takes 4 yards 35-inch fabric.

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.

Send THIRTY-FIVE CENTS (35c) in coins (stamps cannot be accepted) for this pattern. Print plainly SIZE, NAME, ADDRESS, STYLE NUMBER.

Send order to ANNE ADAMS, c/o The Guardian, 60 Front Street West, Toronto.

MORNING SMILE

"Fancy a woman getting a thousand pounds damages for the loss of a thumb. It seems excessive. "Yes, but it was the one she kept her husband under."

NO TEETHING HERE

COCA is a mild sedative in liquid form that soothes before bedtime. Just give it to your baby. Dishes with handy applicator. At all drugstores.



Schoolroom Favorite

College girls and budding business women will find this flannel jumper dress a wardrobe boon during the mid-year months. It is very youthful and flattering and will see plenty of duty in office or classroom without wrinkling or mussing.

The one pictured has a scoop neck and a full skirt draped in unpressed pleats. A fitted bodice features a curved waistline which comes to a point in the center front. Fabric covered buttons form the closing from neckline to hem.

MRS. GORDON MACMILLAN

A COUNTRY GARDEN

Deep in the clearing of the winter woods, the sun pours into the little house like a child that white coat and cap too big for it, and stood Solemn and strange beneath the weight it bore.

The chimney, muffled in that whiteness, too, Had drawn us from the road, for on the air No rising column of the fragrant blue That wood smoke builds in Winter skies was there.

A drift was leaning hard against the door, And only feathery tracks of squirrel and jay Were at the spring, and we went back once more And called to one, we knew had gone away No answer came. Above us, cold and still, The chimney stood upon its snowy hill.

Dresbach

Lovely snowy days with much sun making the house plants grow very fast and needing more watering than in the dark days. "After Candlemas" (February the second) says an old saw "the sun lies on a hot stone" and it is true that from now on we notice the strength of the sun and the lengthening days. White Fragrant Hyacinths, yellow Daffodils and fragrant Iris and Calla Lilies are blooming in the garden room with the Geraniums and other flowers. The Carnellia is a long-lasting flower, and the foliage is very attractive.

HOUSEHOLD HINT

Marketing by telephone is considered a wasteful way to shop.

OLD CUSTOM

A women's "pancake race" has been run on Shrove Tuesday every year since 1445 at Olney in Buckinghamshire, England.

In this month it is wise to look over the bulbs and roots in the cellar. If very dry they should be sprinkled with water, but be careful they do not get too much. This applies to the geraniums and other plants that are wintered in the cellar. Of course in a damp storage this is not needed as likely they are too moist now.

In a dry cellar with furnace the dahlia roots and other plants are apt to dry out if not packed in sand or other material, and should have a light sprinkling at intervals. House plants will benefit from a spraying of the leaves and a sponging off of the dust on the leaves of ivies and similar plants. It also satisfies the longing a gardener feels at this time to be working in the soil.

The other evening when calling at a neighbor's home I found her renewing the soil on her house plants and thoroughly enjoying the confusion she had made of her kitchen.

Winter is come in earnest, and in dazzling splendour crumpling underfoot, Spreads a white world all calm... Clare.

BUTTER-NUT BREAD

For Healthy Growth Butter-Nut Bread Supplies...

Protein Energy Calcium Phosphorus Vitamin B₁

Ask your Grocer for FREE Growth Chart, Growth Record

THERE'S EXTRA NOURISHMENT IN BUTTER-NUT BREAD AT YOUR GROCERS TODAY!

Out'oor Faucet Handy

By ELEANOR ROSS

One of the current topics of conversation among many home-makers we know, is how they manage to make their outdoor faucets produce hot water for outside cleaning jobs, and so save themselves much time and effort.

Good to Know

These women don't all live in super-modern homes, either. They've just caught on to the fact that it's a lot handier and more efficient to have hot soapsuds where they need it, which includes on the porch, on the terrace, in the garage, for swabbing down the awnings, and the children's play equipment and for washing the car.

Conversion Job

Some of these women will tell you that they simply converted the laundry faucets in the basement. To be specific, they replaced the conventional hot-and-cold faucets with a single threaded faucet that mixes the water temperature. They then attach to this faucet whatever is handiest for the job that needs doing—the garden hose, the dish-washing hose attachment, temporarily borrowed from the kitchen sink, or a spray attachment, originally bought for the flower garden. Or maybe, they had the plumber install some extra pipe — a hot water line that supplies the faucet on the outside of the house.

Here, too, they replaced the old faucet with a mixing faucet that governs the water temperature. Now they can wash whatever needs washing, and keep the exterior of the house looking just as attractive as the interior.



PINEAPPLE CREAM

Here is a delicious sweet which is even better if prepared the day before using.

1 large tin sliced pineapple
2 eggs
2 oz sugar
¼ oz powdered gelatine
¼ pint of the pineapple juice
Vanilla essence

Soak the gelatine in the pineapple juice. Separate the yolks from the whites of the eggs and beat well. Add sugar and vanilla flavoring. (a few drops). Heat the gelatine and the pineapple juice very slightly—just enough to feel the warmth on the hand. Beat the egg whites until very stiff and add to them the yolk and sugar mixture. Have a glass dish ready with the sliced pineapple divided into wedges placed on the bottom. Pour the well blended mixture over the fruit in the glass dish. When set decorate with glazed cherries, pieces of pineapple or whipped cream. Can be made with canned peaches or pears instead of pineapple.

—An Albany Recipe.

Wife Preservers

Colorful new brooms of styrene plastic are available in department, but indirectly, as a by-product. The radioactive atoms are concentrated if cancer is present. The atoms can then be measured by the Geiger counter.

The Sloan-Kettering Institute in New York recently announced new advances in lung cancer research. Institute scientists reported the first successful growth of normal human lung tissue in laboratory animals. According to the scientists, this procedure will be used to help them determine "whether or not components of cigarette smoke that cause cancer in mouse skin will also do so in the human lung."

Another Aid

A progress report released by the Institute's board of trustees also describes a new diagnostic aid for the earlier detection of lung cancer.

A gentle washing of the respiratory passages collects cells discarded from the linings of these passages. If an early cancer is present, the cells may be found in the washings.

Such a procedure may also permit study of cellular changes

Alice Brooks Designs

"TOASTER DOLL"

Colorful rickrack and a few simple crochet stitches make the dress, earrings of this saucy toaster-doll! Perch her atop your toaster to keep it clean!

Pattern 7191: Toaster-cover! Pattern pieces, transfers, directions. Use No. 30 cotton, rickrack!

Send TWENTY-FIVE CENTS in coins for this pattern (stamps cannot be accepted) to Alice Brooks designs c/o The Guardian, 60 Front Street West, Toronto, Ontario. Please print plainly NAME, ADDRESS, PATTERN NUMBER.

WONDERFUL is the word — for our NEW Alice Brooks Needlecraft Catalog for 1955. Exciting, enchanting — our new designs are all that — and even more! Send 25 cents for your copy of this terrific catalog — NOW! You'll want to order every wonderful design it!

Enjoy **MCLARENS OLIVES**

Everybody else does!

7191 by Alice Brooks

New Steps In Medicine

By Norman N. Bundesen, M. D. MARY HAWORTH'S MAIL

Medical science is constantly making great strides both in research methods and in actual development of new medicines.

Pathilon — A new ulcer drug reported to relieve pain by relaxing the spasm of the stomach. Relaxation helps to heal ulcers.

Elimination Side Effects

Dr. Julius M. Ruffin, professor of medicine at Duke University Medical School, found that the use of Pathilon virtually eliminated ordinary side effects of drug treatments such as dry mouth, urinary retention and disturbance of vision.

Dr. Ruffin and his associates emphasized that a pain relieving drug such as Pathilon should be used in addition to usual therapy and never as a substitute for treatment. Pathilon is expected to be released for use soon.

Said to Alleviate Depression

Meratran — A drug said to elevate the moods of depressed or emotionally tired patients. The drug is made in pill form. It is reported to restore a patient's normal alertness, productivity and interest.

It is reported to be effective for as long as 24 hours. It does not affect the sleeping habits, heart or appetite of a patient.

Use of radioactive phosphorus and a Geiger counter is reported to determine whether cancer is causing pressure behind the eyes. The radioactive atoms are concentrated if cancer is present. The atoms can then be measured by the Geiger counter.

Wants To Make His Girl A Happy Wife

DEAR MARY HAWORTH: I am thinking of getting married to a very fine girl, and it is my ambition to make my girl the happiest wife in the world. Can you suggest 10 rules to follow in order that I may achieve this? Please don't reveal my identity. Thank you.

D. C.

DEAR D. C.: I have discussed your questions with an older man, a specialist in human relations, now a happy grandfather, who has been married 30-some years, inasmuch as he grows in wisdom and rich contentment from year to year. I take it he has a reliable repertory of arts, skills and precepts for making marriage a good experience.

First off he says, "No rules. Rules often aren't part and parcel of the life of the person. Rules tend to narrow rather than to widen one's horizon; therefore I feel there should be none. Let us speak instead, of 'leads' to successful living."

He uses certain key-words, to give you the pitch of genuine or constructive loving, to-wit: Sympathy. Compassion. Ministering. Observing distress and reducing it.

Love Regards Other's Needs

"It is more blessed to give than to receive," he reminds. "Love is bountiful, giving; it is not a receiving process. Love acts to relieve others' discomfort. Love is a way of life—doing good for another. Deep enduring satisfaction comes of this way of life; but indirectly, as a by-product. The spirit of love is not self-seeking."

Only the emotionally mature person is capable of giving love, he says. The receptive type, so-called—comparable to the infant or child in character traits—person is capable of giving love. One's adult-age capacity to give love depends upon whether one's emotional needs were properly met in formative early years.

A child's emotional needs are rightly met if he feels secure in a family group; and if he learns from parents (or parent substitutes) how to "relate" to people,

which precede development of lung cancer.

QUESTION AND ANSWER

G. G.: Do you think it advisable for a woman to be exposed to German measles before pregnancy?

Answer: It is not advisable for anyone to deliberately expose themselves to any disease. By being extremely careful during pregnancy not to contact persons suspected of having German measles, the disease may be avoided.

Marie Elena Beauty Salon

presents a beautiful new

PERMANENT WAVE

(Creme or Oil)

Reg. \$10. for **\$5.00**

ONE WEEK ONLY

Also the new creme formula that exclusively professional.

TELEPHONE 9425

At the famous Banff Springs Hotel they serve famous Chase & Sanborn Coffee

Acknowledged as one of the world's most magnificent summer resorts, Banff Springs Hotel vies with the scenic splendor surrounding it — in the grandeur of its structure, the grace and style of its appointments, and the brilliant register of its famous guests.

Subtle catering by chefs of world renown completes the enjoyment of a sojourn in this epic environment. Delectable meals are served with the accompaniment of a distinguished coffee — Chase & Sanborn.

In your home — as in Canada's greatest hotels — Chase & Sanborn's matchless quality can add distinction to every occasion. Why not serve it tomorrow?

a Great Coffee for nearly 100 years!

Chase & Sanborn Coffee

Appetites attuned by exhilarating mountain air are met with inspired cuisine and metropolitan service in the stately dining rooms of Banff Springs Hotel.

with confident justified trust and outgoing affection. In the presence of such security, if the emotional cooperation in the presence of love-relatedness, a child (or adult) doesn't know how to give, in the true psychological sense of the term. He isn't organized for sympathetic identification with others.

Mutual Trust Is Essential

A modern sage has said that love embodies the desire to give. Continued on page 3



PRIDE

.. in a better cup of tea!

MORSE'S
Selected
ORANGE PEKOE
TEA in BAGS